



Ballybrado Organic 100% Rye Sourdough Bread

Ingredients

500g Ballybrado Organic Whole Rye Flour

10g salt

350g rye starter (see our recipe on 'how to make your own sourdough starter')

360ml water

Method

1. Mix all ingredients in bowl (best to use dough scraper or your hands). No need to stretch and fold; if it resembles a big mess you're probably doing it right! There is not going to be much kneading and no window test either with this bread.
2. Prove in covered bowl for approx. 2 – 3 hours. You should see cracks and small holes on the surface.
3. Pour dough onto worktop. Knock back, try shape as round as you can.
4. Place in heavily-dusted proving basket, dust on top too. Cover, leave to prove for approx. 2 hours.
5. Preheat oven to 230°C.
6. Place bread onto parchment paper, leave to sit for 5 mins, then bake in oven (with steam) for approx. 45 mins. No need to score the bread.
7. Leave bread cool fully and then rest for a minimum of 12 hours (if not 24) to allow flavours to develop and to avoid upset tummies

Tip: You can use this recipe with Ballybrado Organic Whole Light Rye Flour too! Light Rye behaves just like normal Rye, but is somewhat lighter in texture and colour.